

## Chef Salad50

Number of Servings: 50 (317.56 g per serving)

Amount	Measure	Ingredient
6.00	lb	Lettuce, iceberg, shredded
2 3/4	lb	Lettuce, romaine, fresh, chpd
2 3/4	lb	Lettuce, bibb, fresh
4.00	lb	Beef, bottom round roast, lean, rstd, select, 1/8" trim
2 3/4	lb	Cheese Product, American, past, proc, rducd fat, slice
8.00	lb	Peppers, bell, green, sweet, fresh, med, 2 1/2"
6.00	lb	Tomatoes, red, fresh, year round avg, med, 2 3/5"
25.00	ea	Eggs, hard bld, lrg

### Nutrients per serving

Nutrition Facts		
Serving Size (318g)		
Servings Per Container		
Amount Per Serving		
Calories 200		Calories from Fat 80
		% Daily Value*
Total Fat 9g		14%
Saturated Fat 3.5g		18%
Trans Fat 0g		
Cholesterol 140mg		47%
Sodium 400mg		17%
Total Carbohydrate 10g		3%
Dietary Fiber 3g		12%
Sugars 6g		
Protein 21g		
Vitamin A 70%	Vitamin C 120%	
Calcium 30%	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

### Notes

\* Boil and cool, peel and refrigerate eggs DAY BEFORE. Roast the beef the DAY BEFORE (OR DEFROST FROZEN ROAST BEEF A FEW DAYS BEFORE) without salt, cool and refrigerate.

\* use fresh roast beef that has been cooled or cooled and frozen. Deli meats are too high in sodium.

Wash hands and use clean gloves to wash, drain and prepare vegetables.

Tear greens into bite-sized pieces, mix and cover.

Wash green peppers and tomatoes. Slice green peppers in to enough slices for 1slice/salad. Cut tomatoes in to wedges so 2 wedges can be placed on each salad. Cover and refrigerate each prepared vegetable separately at 40 degrees or below until time to assemble and serve salads.

Cut meat and cheese into thin strips; cut eggs in to quarters: refrigerate at 40 degrees F or below until ready to assemble and serve salads.

When time to serve, portion 2 cups mixed greens on large bowl or plate.

Arrange 1 1/2 oz beef and 1 oz cheese on each serving. Garnish with 1 green pepper ring, 2 tomato wedges and 2 egg quarters.

Serve with choice of Fat Free Salad Dressings, 2 oz ladle or 4 Tablespoons or 1/4 cup/serving.

## **Chef Salad50**

**Number of Servings: 50 (317.56 g per serving)**